



Fresh Fruit Salsa with Cinnamon Crisps

 Vegetarian  Vegan  Dairy Free

READY IN



60 min.

SERVINGS



16

CALORIES



90 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon sugar
- 0.5 teaspoon ground cinnamon
- 11 oz flour tortilla for burritos (8 count)
- 1 tablespoon water
- 1 small cranberry-orange relish
- 2 cups apples i use 2 granny smith apples cored peeled finely chopped
- 0.5 cup strawberries fresh finely chopped
- 0.7 cup peaches pitted peeled finely chopped

- 2 tablespoons brown sugar packed
- 2 tablespoons apple jelly

Equipment

- bowl
- baking sheet
- oven
- wire rack

Directions

- Heat oven to 400°F. Spray cookie sheet with cooking spray. In small bowl, mix sugar and cinnamon.
- Lightly brush both sides of each tortilla with water. Lightly sprinkle about 1/2 teaspoon sugar-cinnamon mixture over each side of each tortilla.
- Cut each tortilla into 8 wedges; place on cookie sheet.
- Bake 6 to 8 minutes or until light golden brown.
- Remove from cookie sheet; place on wire rack. Cool completely, about 10 minutes.
- Meanwhile, grate peel from orange; squeeze orange to make about 1/4 cup juice. In medium bowl, mix orange peel, orange juice and remaining salsa ingredients.
- If desired, garnish salsa with strawberry fan.
- Serve salsa with cinnamon crisps.

Nutrition Facts



PROTEIN 7.84% **FAT 15.96%** **CARBS 76.2%**

Properties

Glycemic Index:19.93, Glycemic Load:5.63, Inflammation Score:-2, Nutrition Score:3.2221739084824%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 1.12mg, Pelargonidin: 1.12mg, Pelargonidin: 1.12mg,

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Nutrients (% of daily need)

Calories: 90.41kcal (4.52%), Fat: 1.63g (2.5%), Saturated Fat: 0.58g (3.6%), Carbohydrates: 17.48g (5.83%), Net Carbohydrates: 16.03g (5.83%), Sugar: 7.08g (7.87%), Cholesterol: 0mg (0%), Sodium: 145.76mg (6.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.8g (3.59%), Vitamin C: 7.04mg (8.54%), Vitamin B1: 0.11mg (7.26%), Manganese: 0.14mg (6.87%), Selenium: 4.6µg (6.58%), Fiber: 1.45g (5.79%), Folate: 22.35µg (5.59%), Vitamin B3: 0.97mg (4.83%), Phosphorus: 45.78mg (4.58%), Iron: 0.8mg (4.45%), Vitamin B2: 0.07mg (3.91%), Calcium: 35.18mg (3.52%), Potassium: 70.86mg (2.02%), Vitamin K: 2.06µg (1.96%), Copper: 0.04mg (1.9%), Magnesium: 7.05mg (1.76%), Vitamin B6: 0.03mg (1.32%)